

DINNERLY



Low-Cal Warm Mexi-Bean Salad

with Sweet Potato and Parsley Yoghurt



30 minutes



2 Servings

Want to cut calories and still feel satisfied? This bowlful of roasted sweet potato, capsicum and mixed beans will do the job. Pulses are packed with complex carbohydrates and dietary fibre, so they help to keep our bellies feeling fuller for longer.

WHAT WE SEND

- 2 sweet potatoes
- 1 green capsicum
- parsley
- 400g five mixed beans
- 5g Mexican spice blend ¹⁷
- 100g Greek-style yoghurt ⁷
- 50g mixed salad leaves

WHAT YOU NEED

- 1 garlic clove
- 1 tbs olive oil
- 1 tbs red or white wine vinegar ¹⁷
- 2 tsp honey

TOOLS

- large oven tray
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 445kcal, Fat 13.1g, Carbs 57.5g, Proteins 17.3g



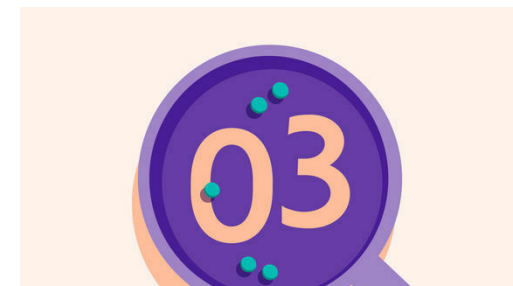
1. Prep ingredients

Preheat the oven to 220C. Line a large oven tray with baking paper. Peel the **sweet potatoes** and cut into 2cm chunks. Cut the **capsicum** into thin wedges. Finely chop the **parsley** leaves and stems. Crush **1 garlic clove** (see Make it yours). Drain and rinse the **beans**.



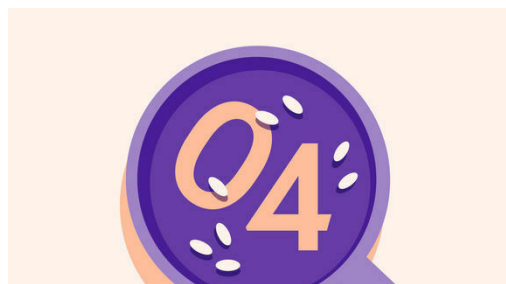
2. Roast veggies

Put the **sweet potato** and **capsicum** on the lined tray. Drizzle with **2 tsp olive oil**, scatter over **2½ tsp Mexican spice blend** (see Make it yours), season with **salt and pepper** and toss to coat. Roast for 20-25 mins until the sweet potato is tender.



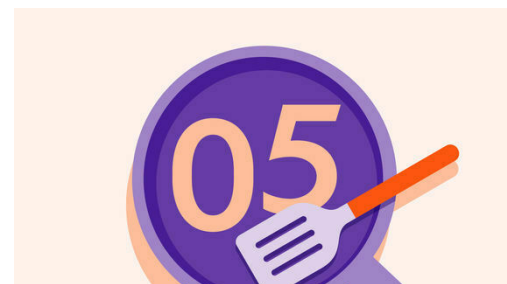
3. Make parsley yoghurt

Meanwhile, put the **parsley, garlic, yoghurt, 1 tbs red wine vinegar** and **2 tsp honey** in a bowl. Season with **salt and pepper** and stir to combine.



4. Toss salad

Put the **beans** and **salad leaves** in a large bowl. Drizzle with **2 tsp olive oil** and toss to coat. Add the **roasted veggies** and gently toss to combine. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **salad** among bowls, drizzle with the **parsley yoghurt** and enjoy!



6. Make it yours

Not a fan of raw garlic? Roast the whole unpeeled garlic clove with the sweet potato, then remove the skins, mash the flesh and stir it through the parsley yoghurt. ~ Our Mexican spice blend has a mild chilli kick, so reduce the amount if you want to avoid the heat.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

View the recipe online by visiting your account at dinnerly.com.au    **#dinnerly**

 **Packed in Australia**
from at least **60%**
Australian ingredients